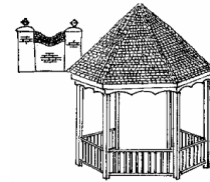


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



Nov/Dec 2012

Inside:

Real Estate

President's
Ponderings

Halloween
Walk Recap

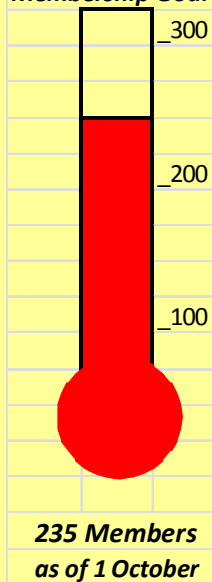
Job
Opportunity

PMCL
Elections

Pool News

Gratitude

Membership Goal



Next Civic League Meeting Ferry Plantation House November 15 @ 7 pm

This month's civic league meeting will be our **Annual Wine & Cheese Social** held at the Ferry Plantation House. Come on out, join the fun and meet more neighbors as we begin the holiday season. Belinda Nash and her cadre of volunteers always have the Ferry House looking spectacular at this time of year. Delicious deserts and non-alcoholic beverages are also available.

The election of civic league officers will be held at this meeting.

Please note there is NO DECEMBER CIVIC LEAGUE MEETING or Newsletter.

CHARLES DICKEN'S TEA AT FERRY PLANTATION HOUSE November 24th & 25th

We still have a few spots left for you to come and enjoy a lovely holiday tea and help with the restoration of this lovely house right here in our neighborhood. Tea is from 1 to 3 p.m. each day. **Reservations Required. Call 473-5182.** Donations are \$25. and are tax deductible.

FERRY PLANTATION ANNUAL CAROLING HAY WAGON RIDE & OPEN HOUSE

Mark your calendars for our Neighborhood Annual Holiday Event
DECEMBER 15TH 11:00 a.m. - 2 p.m.
\$2.50 per person

Come one come all. Ride through the neighborhood and back to Historical Ferry Plantation House caroling along the way in a decorated Hay Wagon. Docents will be in costume and refreshments will be served when you arrive. Children can make a decoration to hang on our "Critter Tree" for our birds and squirrels to enjoy. Rides begin at the Food Lion parking lot adjacent to Pembroke Blvd. This is lovely way to enjoy the busy holiday season and create lasting memories.

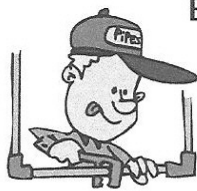
Dress warm as it may be cold

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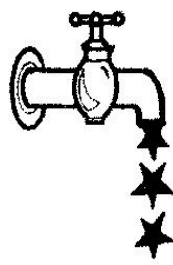
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| | |
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| Nov 1 – 15 | |
| Nov 16 – 31 | |
| Dec 1 – 15 | |
| Dec 16 – 31 | Available |
| Jan 1 – 15 | Available |

To add your name here, call Brian Miller at 499-0039

Volunteers keep our entryway clean and nice looking, won't you please call him to add your name?



PET LOST & FOUND

We had only 4 lost pets in October. With the holidays coming your guests may be bringing pets with them. Please put on a temporary identification tag. You can use one of the round key chain tags with your phone number written on it. This serves to identify the owner rather than have the pet turned over to animal control.

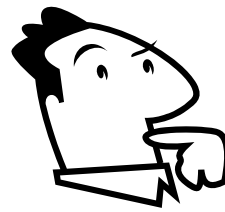
Will Santa be bringing a new puppy this year? If so, put your phone number on the collar. Embroidered collars can be purchased thru www.luckypet.com for adult dogs. Add your area code to the phone # when ordering.

- Gerry Richter

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PRESIDENTIAL PONDERINGS

Please join us at the wine and cheese November meeting. Even if you do not care for wine or cheese, there will be a non-alcoholic beverage and a food item made with something other than cultured milk. The setting, Ferry Plantation House, is worth the visit in and of itself. Add the camaraderie of neighbors socializing, then you have a can't lose proposition. A variety of fine wine will be provided by the civic league. If you have a special bottle you would like to share, feel free to bring it.

There will be no civic league meeting in December. The January meeting is scheduled for the 17th; that's 2013 (Wow! I guess the world didn't end in 2012 – what were those Mayans thinking?). It will be the installation of new officers. We have yet to schedule a guest speaker; if you have suggestions, please contact someone on the board.

Whatever holiday you celebrate in December, please enjoy with family and friends.



Editors Question:

Q: If you were invited to a party at a nice house with free food and drinks, and you could choose and bring your best friends, why wouldn't you go??

Hope to see you Thursday, Nov 15th at the Ferry Plantation House.

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SUE LENTINI
Compass You Home

Ed note: Sue supported our newsletter from 2009 until the neighborhood Rose & Womble office closed in 2010. Now she is back, and at our request will be providing a local market update.

2. CARE Advantage

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Founded in 1988 by Deborah J. Johnston, RN, Care Advantage Inc. provides honest, compassionate, quality care in a variety of personal and health care settings. The entire Care Advantage team is focused on personal and skilled care services for individual and other health care providers. It's all about the best people with the right skills caring for the friends, families and neighbors with whom we share our community.

Debbie Johnston, RN, CEO and founder of Care Advantage Inc., will star in an episode of the ABC reality show, Secret Millionaire airing in the spring 2013.

Sue Lentini

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vwalker@careadvantageinc.com

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How IS The Real Estate Market?

Positive trends are continuing with a decrease in homes listed for sale and an increase in home sales and sales prices! Virginia Beach had 21.5% LESS homes on the market in September, 2012 compared with September 2011. In addition, 12.78% MORE homes were sold and for an approx. 4% higher sales price. Of course, all neighborhoods are different, but this is definitely good news!!!

Following is a list of homes/townhomes SOLD in Pembroke Meadows from June 1, 2012 to current. I will be updating this with each newsletter to keep current with the market. As I am new to this column, I welcome your comments and suggestions!

| SOLDS | Sold Price | |
|--------------------------|-------------------|---------------------|
| Square Feet | # Bedrooms | #Baths |
| St. Denis Ct. 1470 | 3 | \$ 160,000 2 1/2 |
| Whitechapel Dr. 2875 | 5 | \$299,900 2 1/2 |
| Whitechapel Cir. 1910 | 4 | \$223,000 2 |

There is currently a home under contract at 4524 Notre Dame Ct. that is a Bank Owned Property.

There are currently 7 homes for sale, 2 of which are townhomes.

~Sue Lentini, Rose and Womble Realty

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HALLOWEEN WALK 2012

Sandy vs. Gerry

We made history with this walk, our first hurricane disruption in 22 years! Facing the gloom of the approaching Sandy, Gerry made the call to delay the parade for a week. We didn't know how much family support there would be after Halloween, but you can see from the pictures that the turnout was great. Thanks to everyone who turned out and a Great Big Thank You to Gerry for another fantastic Halloween Walk!!



HALLOWEEN WALK THANKS

A big thanks to the volunteers that provided safety during our walk. Sandy Van Allman and her friend Marlene repeat safety volunteers, Jeremy Hamilton, Carol Moore, Pat Shaedel, and Bennie Reeves. John Shaedel walked at the end keeping everyone moving and letting vehicles know when it was safe to proceed. Jeanette Willenbrink headed up the serving of refreshments at the park. She has been in charge of this area for years. Thanks Jeanette. Jim Willenbrink provided the vital music and headed up the walk. Mike & Carol Moore helped wherever the need arose. Elizabeth and Fran Matulenas helped decorate the park for our enjoyment in freezing wind and weather. Cheryl Speelman graciously applied tattoos and Madison Willenbrink and friends applied face painting to all that desired. Barbara Amos was our smiling photographer. Thanks also to the "forced volunteers" that carried our banner in the windy air. They didn't get a choice.



Gerry Dashiell-Richter



Neighborhood Classifieds:

HELP WANTED

Local small business in Pembroke area is looking for part time help for daytime work (Mon – Fri.) involves - running errands, picking up plans; delivering plans to City of Chesapeake & Va Beach (& other localities on occasion); doing research @ City Courthouse, etc. Must have own vehicle & auto insurance. Can earn \$50 - \$100.00 + weekly. Great job for stay at home mom or retired individual looking to supplement their income. Please send contact info & availability to renewthebay@cox.net.

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Classifieds - Did you know PMCL members can run 3 small classified ads per year at no cost? Just let the editor know. formoores@verizon.net

POOL (PMRC) NEWS

Although the cover is on the pool and the gate is locked for the season, your Pool Board is already gearing up and making plans for next summer.

Membership information will be in the February newsletter. It can also be found at the Civic League Website www.pembrokemeadows.org. Scroll to Pool News on the left. Different rates apply for different family situations and early birds get the best discount. Thanks again for all your support.
PMRC – Tom Hronek

Treasurers Note: The **pool stimulus program** must be voted on each year by a quorum of civic league members. If you would like to see this program continue please attend the January Civic League meeting to have your vote count. No quorum, no vote, no stimulus.



Neighborhood Email

If you were registered on the FREE neighborhood email list you received notification of the following this month:

Delay of Halloween Walk due to Hurricane Sandy

Pets lost in the neighborhood

Vandalism of vehicles

Crime in neighborhood

Sign up today by calling Jim Hall at 473-8258 or sending an email to jim.hal@cox.net.

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Developing Gratitude

Excerpted from: *The Power of Gratitude 4 Ways to Develop an Attitude of Gratitude*
-- By Ellen G. Goldman, Health and Wellness Coach

Robert Emmons and Michael McCullough are two of the leading American investigators of gratitude. They describe gratitude as personality strength—the ability to be keenly aware of the good things that happen to you and never take them for granted. Grateful individuals express their thanks and appreciation to others in a heartfelt way, not just to be polite. If you possess a high level of gratitude, you often feel an emotional sense of wonder, thankfulness and appreciation for life itself.

Researchers are finding that individuals who exhibit and express the most gratitude are happier, healthier, and more energetic. Grateful people report fewer symptoms such as headaches, stomachaches, nausea, even acne, and spend more time exercising! And the more a person is inclined towards gratitude, the less lonely, stressed, anxious and depressed he or she will be.

It would appear that counting our blessings on a regular basis can improve our moods and overall level of happiness and health, but expressing that appreciation to others will do so even more. And the good news is that noticing, appreciating and expressing our feelings for life's *little* blessings can produce just as much benefit as noticing the monumental moments.

So it certainly seems that developing a higher level of gratitude is emotionally, physically and mentally rewarding. **But, how do you increase your feelings of gratitude when nothing seems to be going right, or life presents great challenges and adversity?** Is it really possible to express gratitude when you are not feeling you have anything to be grateful for?

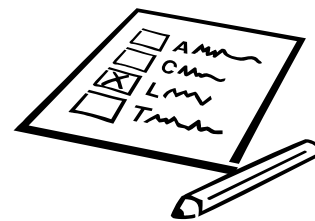
Although we may acknowledge gratitude's benefits, it can still feel difficult to feel grateful when we are going through a difficult time. That's why it makes so much sense to *practice* gratitude, in good times and bad. It may be human nature to notice all that is wrong or that we lack, but if we give ourselves the chance on a regular basis to notice all of life's gifts and blessings, we can increase our sense of well-being, and create hope and optimism for the future—no matter what is going on.

Here are some ways to start practicing gratitude to improve your well-being:

1. **Keep a gratitude journal.** At the end of each day, write down 3-5 things from the day you feel

grateful for. Simplicity is key. Your baby's smile, a perfect sunset, the train arriving on time, or your best friend's laughter. Relish the feeling you get when remembering and writing it down.

2. **Express your gratitude.** Take the time to share your feelings. Not the simple, polite thank you, but the heartfelt emotions. Tell your friend how her support and sense of humor helps you get through tough times, and how much it means to you. Don't take your loved ones for granted. Let them know how much you love them and why. Thank your spouse for doing something he or she does everyday, thank your child for picking up a toy, holding your hand or eating their vegetables.
3. **Look for what is right about a situation, not what's wrong.** Sure you're frustrated by the bus being late, but thankfully you have an understanding boss. Service at the restaurant is poor, but you are lucky to afford an evening out surrounded by good friends.
4. **Practice gratitude with your family and friends.** Although you may not say grace before a meal, encourage each family member to report one thing that happened that day that they feel grateful for. When you hear a friend moaning and complaining, challenge him or her to find the hidden opportunity or silver lining to the situation.



CIVIC LEAGUE ELECTIONS Vice President still needed

The proposed 2012 Slate of Civic League Board officers is:

- President – Donna Price
- First VP – ????
- Second VP – Brian Miller
- Treasurer – Carol Moore
- Membership Chairman – Cheryl Douglas
- Recording Secretary – Barbara Amos

This slate will be voted on at the November meeting. If you would like to see your name on the ballot or have questions about duties please contact any current board member.

PMCL POINTS OF CONTACT

Civic League Officers

| | | |
|----------------|-----------------|----------|
| President | Jim Price | 499-5115 |
| First VP | Vacant | |
| Second VP | Brian Miller | 499-0039 |
| Corres. Sec. | Peggy Caverly | 490-0925 |
| Treasurer | Mike Moore | 557-0328 |
| Memb. Chrman | Cheryl Douglas | 671-2241 |
| Recording Sec. | Loretta Watkins | 497-2130 |
| Webmaster | Clif Furedy | 490-5792 |

Committees

| | | |
|---------------------|-----------------|----------|
| Bldg/Grounds | John Seyar | 497-8568 |
| Entrance/Median | Brian Miller | 499-0039 |
| Electrical | George Watkins | 497-2130 |
| Flag | Joe Lang | 497-2897 |
| Neighborhood Maint. | Robert Westmont | 473-1024 |

Block Security

| | | |
|-----------|---------------------|----------|
| Meadows | Stephanie Neihart | 456-5795 |
| Shores | Bob/Marge Brotman | 497-0565 |
| Townhomes | Barbara Willenbrink | 554-0092 |

Directory Chairman Robert Westmont 473-1024

Lakes/Waterways Chairman: Jim Willenbrink

| | | |
|---------------|-----------------|----------|
| Lake Pembroke | Jim Willenbrink | 497-0700 |
| Lake Meadows | Charlie Russ | 497-5298 |
| Lynnhaven | Jeff Brown | 464-0183 |

Welcoming Committee Chair: Open

| | | |
|-----------|------------|----------|
| Meadows | Jim Price | 499-5115 |
| Shores | Lisa Dutko | 473-1112 |
| Townhomes | Liz Hayes | 472-0283 |

Newsletter Editor Carol Moore 557-0328
 Newsletter Ads Mike Moore 557-0328

Pet Lost & Found/Pet Registry

| | | |
|------------|------------------------|----------|
| Shores and | Gerry Dashiell-Richter | 497-5243 |
| Meadows | Jim Willenbrink | 497-0700 |

Recreation Center (pool)

| | | |
|-----------------|------------------|----------|
| Director | Tom Hronek | 473-9733 |
| Asst Director | Erin Strasburger | |
| Treasurer | Lori Hines | 557-0101 |
| Secretary | Kim Best | 671-1810 |
| PMRC Pool Phone | (in season only) | 963-2239 |

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